compacts on the rate by the part of Mary. Wittenberg a first of the New York Real. Runners, who also serves as the roce director of a little run through the city held every. November Wittenberg herself is an admitted fan of the half marathon distance, and is often seen in the pack of some of the other 13.1-mile races her organization puts on in the five boroughs during the year. But even she had to be pleasantly shocked by

Kathryn Martin

Date of Birth: September 30, 1951

Current Residence: Northport, NY

contract examination of National and

central of that came it we the wrongs some, which, after a six plus inde loop of a entral bark, sent the minners down An-Avenue past Carnegie Hall to 42nd Street, through the heart of Times Square, then down the West Side Highway past Greenwich Village, SOHO and TriBeCa, fin ishing just north of Battery Park in the Financial District Plus, there was the

attraction of being part of the first edition

of the race, of being able to say years later. "I was there"

To make sure there would be excitement up front, a small but stellar elite field was assembled, including 2004 Olympic

marathon Nderessias. Even the Instead of late August and dorene route, ann

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raduating to the 55-59 division during September should not have been a particularly big event for Kathy Martin as there are very few masters in the younger divisions who can match strides with her. In the 2006 national masters cross country championships, for example, Martin, then 54, was second overall, just eight seconds behind the 41-year-old winner. In the USATF 50K championship in March, she was second overall among open runners and first among masters with an American age-record of four hours, 22 seconds. In the Vytra 5K run in July, her 18:45.1 placed her nearly two minutes ahead of the 45-49 winner. At the national indoor track

championships in Boston during March, Martin won the 800 (2:32.81), the mile (5:28.90) and the 3000 (10:42.94). In the latter race, her time was faster than all younger age groups from 35-up

Martin is excited about changing age-groups nonetheless. "I'm lusting after the records," she explains, "Chuck (her husband and coach) has all of the indoor, outdoor, world and American records written down. including road records, and posted for me to see every day. Kathryn **Martin** 

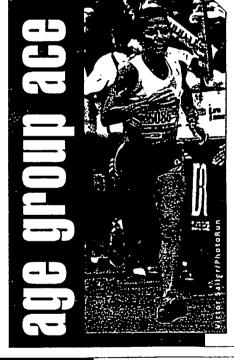
Some are approachable and some will be a challenge. Martin owns a number of American track records in the 50-54 division, including the 800 (2:26.69) 1500 (4:57.6), mile

(5:14.00), 3,000 (10:23.84) indoors, and 1,500 (4:52.55), mile (5:15.55), and 3,000 (10:19.3), and 10,000 (37:12.23) autdoors. Martin took up running in 1981 at age 30 when her husband encouraged her to join him. She recalls struggling to finish a mile, feeling like she was dying. "It wasn't that I was overweight, just that I had no cardiovascular conditioning.

By 1986, she was down to 17:23 for 5K, 36:54 for 10K, and 1:22.24 for the half marathon. In 2003, at age 52, she improved her personal best road 10K to 36:31. Martin realistically knows that it is unlikely she will be setting any more personal records. "It's tough at 55," she laments. "I still feel strong, but can only run as fast as the body allows." Some hip and back problems have also affected her running over the past year.

As a real estate broker putting in 50- to 60-hour weeks, Martin has limited time for training. She estimates that she puts in around 40 miles a week. "But it's quality training," she says, noting that she does hill repeats once a week and that a typical interval workout on the track calls for four or five mile repeats in six minutes to 6:10 with a two minute rest between each.

The 50K championship in March was an exception to Martin's general rule of not competing in anything longer than a half marathon. "I really don't enjoy the marathon and don't have the time or desire to put in the training miles for the longer distances," she comments. Martin is looking ahead to the World Masters Track & Field Championships in Italy next September — her first participation in a world championship. But winning and records are not everything for Martin. "It's always my goal to keep fun in running," she says. "I love seeing friends all over the country at different venues. It's a good life." -Mike Tymn



RESULTS

Assistance in gathering results was provided by Race Results Weekly, the wire service of distance running, www.raceresultsweekly.com.